

National News

Psychologist Killed at Ft. Hood; Colleagues Mourn, Honor His Work

Major – Dr. L. Eduardo Caraveo, a psychologist from Virginia, of the 467th Medical Detachment, was one of those killed in the Ft. Hood shootings. He earned his Ph.D. from U. of Arizona, and distinguished himself in the Bureau of Prisons as a Chief Psychologist. His colleague, Dr. Elaine Levine, said to Div. 31 members, “He was truly a wonderful, energetic, extremely intelligent, caring man...” She is helping to establish an award in his honor through APA sources.

License Instructions for MPs Now On Medical Bd Site

Application materials for medical psychologists are now posted on the State Medical Board’s webpage. Materials include a list of qualifications for licensure as a medical psychologist (MP) and for the Certificate of Advanced Practice.

The instructions noted that MPs need a license in psychology

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N.O. Psychologist Leads Project for Community MH

by Carolyn Weyand

New Orleans clinical psychologist, Kathryn Nathan, PhD, had no idea that her efforts to find support for trauma burdened mental health professionals in post-Katrina New Orleans would lead to a non-governmentally funded longitudinal study of adult onset trauma among clinicians. Nor did she know it would continue into an active educational program aiding clinicians as they coped with the psychological impacts from Katrina on their patients and on themselves. As Dr. Nathan sees it, she simply put one foot in front of the other, searching for people who might help and for funding to support the effort. The APA meeting in New Orleans in 2006 brought her some unexpected catalysts.



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Act 251 Designers Give Rationale at NAN Presentation

In his presentation at the National Academy of Neuropsychology’s 29th Conference in New Orleans last month, Dr. James Quillin spoke to a group of attendees about the need for Act 251, the Medical Psychology Practice Act. In his review, he presented the rationale behind the Act, noting that it was a moral decision, based on the realization that the practice of medical psychology had evolved into something more than it was originally designed to be, and that the “moral issue,” he said, “boiled down to the fact that MPs are practicing medicine.”

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LSUA Chair assists ASPPB, SIOP in Study

The Association of State and Provincial Psychology Boards (ASPPB) is conducting a major study in order to better understand the competencies for practice in psychology. Psychologists in various specialty areas were contacted online to participate in the survey, in order to provide a meaningful review of professional psychological activities. Dr. Greg Gormanous, Chair of the Behavioral



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Dr. James Quillin and Dr. Mike Chafetz in a moment of levity while discussing Act 251 at NAN presentation.

“Man, it’s gone.”

by Julie Nelson

While raising our three teenagers in the ‘90s, a favorite of both generations in our household was American humorist and writer, Jack Handy, famous for his SNL “Deep Thoughts.” One in particular has always been a useful tool.

Handy begins the story with a person walking past a “river of molten lava.” We used it so much that we jumbled it to “You’re walking along the edge of a volcano...” But the next part of the story is the same for everyone. You drop your keys in. Everyone knows about dropping keys. Almost always you are going to do whatever is needed to fish them out of anywhere they’ve escaped, but molten lava is the line.

Handy set the image so absurdly, thinking of someone reaching down into molten lava to retrieve their keys, that we’d all bust out laughing and chime in to the last part of the story, “Let it go, ‘cause man it’s gone,” about whatever was the loss du jour.

It’s that way with Prescriptive Authority for some of us, those of us who felt this was a feather in the cap for psychology, and had been worth fighting for. Ten plus years of work, over .5 million dollars of other people’s money and maybe that much home grown, the creation of training, testing, and standards, models and legislative support. All for psychology to become an entry level position to something else, and to have a mini-board under medicine.

After hearing the rationale, seeing the new forms on the Medical website, learning that the Advisory Committee met at the Medical Society, I think the best approach is to review Handy’s punch line. Because man, it’s gone.

Merry Christmas!

HAVE A SAFE AND HAPPY HOLIDAY.

The Psychology Times

Editorial Page

Critique suggests

PT Ed has Tunnel Vision

A critique of last month’s PT editorial appeared in a letter to LPA Listserv (11/4). An alternative explanation for the apparently crude comments referenced in the editorial is that they were a joke referring to the picture of the rocking horse in PT No. 1, not the Editor. So, any resulting rumors about the Editor may be due to what the writer noted as tunnel vision of those opposed to Act 251.

PT checked with the author of *Rumors in the Marketplace*, Professor Emeritus of Social Psychology at Tulane University, Dr. Fredrick Koenig, who noted that this is part of in-group, out-group dynamics, where any derogatory comments serve to distract from real issues.

In this case the real issue would be the impact of Act 251 on psychology in Louisiana.





Grassroots President Dr. Mike Chafetz and Secretary Dr. Kim VanGeffen chat at the NAN presentation.

LPA Announces Meeting Date for Members' Input

A meeting for interested LPA members and others will be held on Sunday, December 13th.

Previously Dr. Levy announced a special meeting to "Discuss constructive ways for LPA to move forward, given the controversies of the last several months." The meeting was tentatively set for November 21st. However, this date did not allow the thirty days advance notice required for conducting business, as directed in the bylaws.

Dr. Levy posted a second announcement on Listserv on November 16th, indicating a new meeting date of December 13th. She wrote that this meeting is for member input. Members may speak on any subject for up to three minutes, and again if time permits. The memo said a parliamentarian would be present to help all concerned. It is not clear if questions or discussion will be allowed. This notice was also short of the 30 days required for conducting formal business.

According to a letter from Dr. John Simoneaux, the meeting is to be held at the Baton Rouge Marriot (Beauregard Room) at 1:30 pm. In his letter, he encouraged all those interested to attend and participate and said it was his understanding that non-member psychologists may attend. Dr. Simoneaux is the recently appointed LPA Chair of Professional Affairs.

Dr. Michael Chafetz, President of Grassroots, said that although the meeting would not be official, a delegation from the Grassroots' Executive Committee would be attending.

Rationale...

When asked by *PT* why another model was not decided on, specifically one that did not require two regulatory bodies for psychology, Dr. Quillin noted that there were issues from a public policy standpoint and a matter of public safety.

During his presentation, he said, "When we went to the legislature in 2004 they tried to point this out, these are dangerous medications..." And he added, "Strictly political, we were able to counter that..." But he said, "Morally we found out they were right."

Dr. Quillin also highlighted the need for compromise in political venues due to the "mood of the legislature" in regard to scope of practice issues. He said that the 2004 bill had "torn the legislature apart," and that they were "sick and tired of scope of practice matters." He noted that, "We discussed with the Chair of the Joint Legislative Oversight Committee our concern about how this might adversely affect our concerns about the practice of medical psychology." He also mentioned that he and others understood that if they came back, they should be "Singing Kumbayah," or they could be "punished."

Dr. Quillin's review of Act 251 began at the last 15 minutes of the

ASPPB Study...

and Social Sciences Department, LSUA, and Co-Chair of the SIOP State Affairs Committee, is a member of the Practice Analysis Advisory Committee guiding the study. Dr. Gormanous explained to *Psychology Times* that the licensing exam has been through several major revisions, the most recent in 1995. And, that this study is a "practice analysis, similar to a job analysis," and examines the relevance and criticality of the content domains in the licensing exam.

He also said that preliminary reviews suggest that ethics, legal, and professionalism remain the most critical area in the behavior of professional psychologists, "no matter how you cut the data." The implementation of the study's findings will take place over the next couple of years, he said.

two-hour session. Other presenters were Dr. John Mendoza, speaking on neuropsychology regulations, Dr. John Bolter, speaking on the 2004 law, and Dr. John Courtney, speaking on MP practice. While advertised to include audience participation, there was no time left at the end for formal Q&A. However, both Dr. Quillin and Dr. Bolter entertained questions by *PT* and Grassroots President after close of the session. The session was not recorded for commercial sale.

N.O. Psychologist...

The story of trauma begins before the storm, with the evacuation. In frantic efforts to move people out of harm's way, many flew into action as Hurricane Katrina approached. Predictions said the storm would slam Southeast Louisiana, heading toward New Orleans, with Category 3 winds and dangerous tidal surges. People had to leave. Academic personnel moved masses of students out of the city's universities and colleges. Hospital workers evacuated seriously ill patients and had to reconcile themselves to the horror of leaving behind those too ill to move. Mental health professionals evacuated, concerned for themselves, their families and their patients. The evacuation, though frantic, successfully relocated 90% of Southeast Louisiana people to other parts of the country.

Most people expected to return home in a few days and then the unthinkable happened. Levees failed leaving 80% of the city under as much as 15 feet of water. Everyone watched the catastrophe and worried about their homes, their work places, their schools. After weeks and months, they returned to find their city in shambles.

Upon her return, Dr. Nathan began reaching out to other therapists, hoping to create a community of mental health professionals who could support each other in re-establishing their lives in New Orleans, to aid in their recovery from the trauma while they helped their students, clients and patients to do likewise. Personal and professional life was hard, exhausting for all.

Dr. Nathan searched for people for guidance in addressing the emotional and intellectual needs of local therapists mired in Katrina. In 2006, at the APA meeting in New Orleans, Dr. Nathan became acquainted with Neil Altman, PhD, a psychologist/psychoanalyst from New York who works with inner city children in a program funded by the FAR Fund. He facilitated a connection with Shirlee Taylor, PhD, a psychologist and executive director of the FAR Fund. In 2007, under the auspices of The New Orleans-Birmingham Psychoanalytic Center, Dr. Nathan submitted a proposal for the FAR Fund Project (FFP) and earned a 5-year grant. In 2008, FFP engaged Ghislaine Boulanger, PhD, a psychologist/psychoanalyst who studies and treats survivors of catastrophe.

Dr. Boulanger conducted extensive interviews with New Orleans clinicians which provided the information for two free lectures she offered to therapists: "I Don't Want This Knowledge: Understanding the Effects of Hurricane Katrina on Therapists and Therapy in New Orleans," and "Let's Talk About It: Survivor Therapists Working with Survivors of Hurricane Katrina."



Dr. Kathryn Nathan, leader of FFP, reading to nephew and niece, in her New Orleans office.

The FFP continues. It continues because the therapeutic community still deals with the aftermath of Katrina. FFP is currently conducting a reading/discussion group for therapists based on Dr. Boulanger's book, "Wounded by Reality: Understanding and Treating Adult Onset Trauma." The numbers of New Orleans clinicians wanting to enroll was so great; there is a waiting list for a repeat of the series in the spring of 2010.

Dr. Nathan attributes the FAR Fund Project's success to all the professionals who combined their minds and energies to create and implement the programs of the FFP. She shies away from taking credit for the leadership, always an essential ingredient of any mission, which resulted in this exemplary community mental health project.

Learn more about The FAR Fund Project by going to www.farfundprojectnola.com Or read more at Dr. Boulanger's website, www.ghislaineboulanger.com and the FAR Fund's website, www.farfund.org.

LPA Spends \$153, \$83 on Public Education



Based on the Treasurer's report for 2008, and 2009 (January through September), the association spent \$153.00 and \$81.00, respectively, on Public Education Campaigns.

For 2008, \$57,000 from grants and \$15,000 from other sources was spent on lobbying. In the last decade, \$527,000 in grants from APA was spent for what Dr. Tom Hannie called, "...to create a new profession."



Tara O'Leary, assists Mr. Ray "Hollywood" Powell at Elliott Pharmacy, St. Francisville. Photo ©2009 Dr. Susan Dardard

Intern Joins Grassroots

Ms. Tara O'Leary has joined Grassroots as a student member, under the direction of Dr. Susan Dardard's Media Services, and will also work as a campus reporter for *Psychology Times*. Tara will assist in contacting potential members for Grassroots and investigating news leads from state campuses, while applying her background in journalism from high school and her career interest in psychology. Currently she is an undergraduate psychology major at Southeastern Louisiana University in Hammond, and plans to enter a graduate program in counseling psychology in the fall of 2011.

Concerned about Act 251?

Want to Reconnect with Your Colleagues?

Join Us.

GRASSROOTSGRASSROOTS

Contact info@grassrootslllc.com

MPs on Med Bd...

issued by LSBEP, a post-doctoral master's degree in clinical psychopharmacology, and to have passed a national exam in psychopharmacology approved by the board.

Also noted was "Each applicant must pass the Psychopharmacology Examination for Psychologists (PEP) offered through the American Psychological Association's College of Professional Psychology."

For the Certificate of Advanced Practice, recommendations of collaborating physicians are required. "The recommendation of two collaborating physicians"... "who are familiar with your competence to practice medical psychology is required for a certificate of advanced practice." MPs with three years from the issuance of the original Certificate of Prescriptive Authority from the psychology Board, may qualify for Advanced Practice.

A listing of the key provisions of the Medical Psychology Practice Act was given beginning with the introduction, "Act 251 (2009) provides for the regulation of medical psychologists by Board of Medical Examiners and for further development of medical psychologists as a profession."

Also mentioned on the site was the first meeting of the Medical Psychology Advisory Committee, held on September 16, 2009 in Baton Rouge at the Office of the Louisiana State Medical Society at 6767 Perkins Road.

This and other information can be found at <http://www.lsbme.louisiana.gov/index.html>.

LPA members

Ask for Bylaws

Revision Committee

A group of LPA members have requested the LPA EC to create a bylaw revision committee to study and improve the bylaws of the association, for action by the membership at the 2010 annual meeting or at a special meeting. The request included the option that membership on this committee could be open to any interested member with voting rights that attends the first meeting or is approved by the bylaws revision committee.

Close-Up Dr. Dena Matzenbacher Head, McNeese Psych Dept

To talk with her, you might not realize that Dr. Dena Matzenbacher is the head of the innovative, thriving psychology department at McNeese State University in Lake Charles. Approachable and down-to-earth, Dr. Matzenbacher heads up the Psychology Department and while she told me that she decided on her career in a very “plain way,” choosing her direction in high school, then only making one slight shift from clinical to academics, it is quickly apparent that she brings a spark of fun and inspiration to her duties at McNeese.

In the multi-tasking, growing department that Dena leads, undergraduates are prepared to enter the workforce in a wide variety of settings. The Master's degree offers concentrations in Addiction Treatment, Applied Behavior Analysis, Counseling Psychology, and General/Experimental Psychology. Dena explained that all the students master the basics then develop a specialization with the help of their advisor, and finish with either an internship or a thesis, leading to work in human services agencies, practice or to a doctoral program. Dena's team currently assists 241 undergraduates and 66 graduate students along their careers.

Keys to this innovative department are the training and service programs available at MSU, including the Kay Dore'



McNeese faculty: L to R: Drs. Cam Melville; Charles Robertson; Jan Disney; Carl Bartling; Linda Brannon; Dena Matzenbacher; and Denise Arellano.

Counseling Clinic. Developed in 2001 with grants from the Dore' family, the clinic is the in-house training center for the department as well as a community service agency. “We train our graduate students in the clinic,” Dena said, “and also provide low cost services to the community, under the supervision of our faculty.” The mission of the Center is to provide affordable counseling services for those of low income, no medical insurance, the unemployed and others in need.

Housed in the Clinic is the McNeese Autism Program, which is dedicated to improving the lives of young children with autism and other developmental disorders, following the scientist-practitioner training model and relying on Applied Behavior Analysis. MSU's program also includes the Project for the Treatment of Problem Gambling, as well as their Crisis Intervention Team, a collaborative effort between Dena's department and many other groups, including the Lake Charles Police Department and Calcasieu Parish Sheriff's Office. The Crisis Intervention Team is under the direction of Dr. Cam Melville, and provides training for law enforcement personnel in areas related to mental illness.

Even with all this to coordinate, Dena is the faculty advisor for Psi Chi. As a long time member of Southwestern Psychological Association, she regularly takes a group of her students to present posters at the annual convention in the spring. “It is a strong research push for the department,” she said. “All the Psi Chi students travel together to the conference and present their research.”

Dr. Matzenbacher obtained her undergraduate and Master's degrees from Stephen F. Austin and her doctorate in experimental psychology (with an emphasis in child development) from Texas Christian University. A sampling of her publications and presentations include her regular contribution to Training Resources, “Readings in Developmental Psychology,” research into gambling treatment, mentoring and self-

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Matzenbacher...

esteem in childhood, gender differences in leisure activities in childhood, college students' perceptions of textbook and course material, and the effects of exposure to toxic chemicals on psychological functioning.

An interest of Dr. Matzenbacher is her work in the use of film for teaching and therapy. She has written a companion text, *The Blockbuster Approach: A Guide to Teaching Introductory Psychology with Video*, published by Allyn & Bacon, as a resource for psychology professors. She has also presented "Psychology in the Movies," at the Lamar University Education Research Conference, and presented at Training Resources' Summer Symposium.

Each summer, she teaches a class called "Psychology in the Movies," a senior level undergraduate class. "As a three-week mini term," she says, "you can actually watch a movie in class each day." Some days she'll show a whole movie, other days, clips of two or three. "I do it by themes," she noted. "One week I'll show movies illustrating themes of mental illnesses. Then I'll do developmental psych topics movie clips with family dynamics, parenting, and then another week I might do social psych with everything from prejudice to discrimination to aggression to prosocial behavior and group behavior."

Dena teaches Intro, all the Developmental courses (Child Psychology, Lifespan Development, and Adolescence), and Abnormal Psychology. "Even in my regular classes, Psych 101, I use movies," she said. "They watch two entire movies in abnormal psych. For example I use *Mr. Jones* for bipolar disorder and I use *A Beautiful Mind* for schizophrenia. They watch the movie in it's entirety and then write

Some of Dr. Matzenbacher's Ideas for Teaching, Therapy

Schizophrenia: *Benny & Joon* '93, *A Beautiful Mind* '01

Autism Spectrum Disorders: *The Boy Who Could Fly* '86, *Rain Man* '88

Mood Disorders: *Garden State* '04, *Mr. Jones* '93

Addictions: *Clean & Sober* '88

Abuse: *The Burning Bed* '85, *Fried Green Tomatoes* '91

Disabilities: *Mask* '85, *David's Mother* '94, *I am Sam* '01

Family Dynamics, Marriage: *Ordinary People* '80

Kramer vs Kramer '79, *War of the Roses* '89

Prejudice and Discrimination:

Crash '04, *Gran Torino* '88

Courage & Determination:

Freedom Writers '07, *Seabiscuit* '03



an essay where they identify what symptoms were portrayed, what symptoms were not portrayed, what was the first sign in the movie that the person had a mental illness. Something to make them think."

"Dr. Brannon and I have also gotten into the idea of 'Myth Busting.' Because students come in with preconceived ideas, as you can imagine. So one of the questions I ask them to answer is 'What in this movie is realistic and what in this movie is not realistic?' A lot of times there is a Hollywood ending. Sometimes the story is true but you get to the end and the person doesn't need medication anymore and



Dena and son Andrew at home.

they're magically cured because they fell in love."

Dr. Matzenbacher is married, and has a precious, five-year old son, Andrew, whose favorite movie is Disney/Pixar's *Cars*. No one has to guess if he has fun learning.

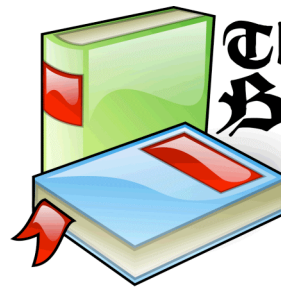
Announcements

Two position announcements were posted recently on LPA Listserv:

1. Children's Hospital in N.O., is offering a postdoctoral fellowship in pediatric neuropsychology for 2010-2012
2. There is a position at the Developmental Neuropsychology Unit (DNP) at Southeast Louisiana Hospital in Mandeville.

Horn of Plenty: Seasons in an Island Wilderness

by April Newlin (Dr. April Rieveschl)



The Bookshelf

**Who's Writing
What?**

From the publisher: "In a series of encounters over seasons and years, Newlin captures the island's intricate details from the terror of raging wind to the tickle of a snail's foot. She camps on the edges, hikes the interior, and wades the lagoons, immersed entirely in fourteen rugged miles of woods, ponds, and marsh. In her prose, the island begins to coalesce as an intense and transformative place, a wilderness beyond the grip of mainland sprawl."

Dr. April Newlin Rieveschl, once resident of New Orleans and graduate of LSU, writes as April Newlin. She is a nature writer. "This is a genre that is non-fiction literature about the natural world," she explained. "It can include personal essay, natural history, narrative and journal writing. It is interdisciplinary in the sense that nature writers come from many different disciplines - creative writing, biology, ecology, history, astronomy, etc. Some of the better known writers would be Thoreau, Rachel Carson, Rick Bass, and Terry Tempest Williams."

Horn of Plenty is a work of natural history, combined with personal narrative, about the wilderness island, ten miles off the coast of Mississippi, called Horn Island. With no roadway access, no facilities, no water or electricity, April and her husband traveled by boat to reach this remote site, remaining for days and even a week at a time to research and experience this piece of natural wilderness.

Horn Island was first popularized by the watercolor artist, Walter Anderson whose work hangs in Ocean Springs, Mississippi, at the Walter Anderson Museum, and also has been exhibited at the Smithsonian. For *Horn of Plenty*, Donald Bradburn, winner of the Ansel Adams Inaugural Award for conservation photography, contributed his photos to April's book.

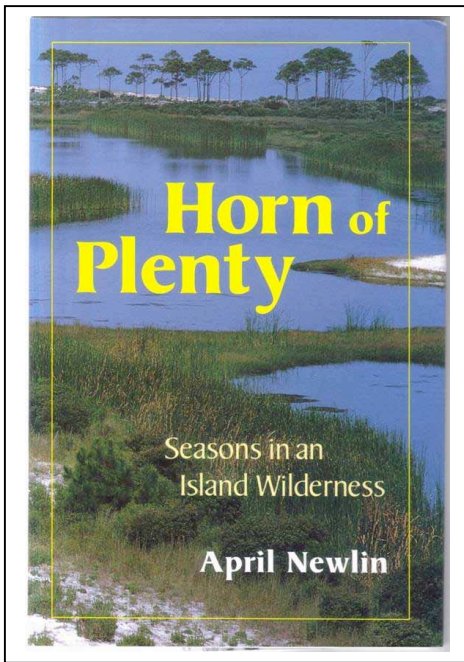
How did she come to write? "I have always had an abiding love of the natural world," she said, "imprinted from an early age during summers in Waveland, Mississippi and during many family vacations to wondrous landscapes such as Yellowstone." About 15 years ago, she started reading the nature writers and from there, began her own work. Along the way, she had the help of a very special western writer named Ann Zwinger who became her mentor.

In 1996, April sent in her first submission but never received a response. "Then one day," she said, "my husband was perusing nature books in a bookstore and came across my essay, in the anthology that had not responded to me, American Nature Writers."

"In time," she said, "I became more daring and decided to write a column in the local weekly near our beach house in the Florida panhandle." While living in New Orleans, running her practice and raising their two sons, she wrote the column *Wild Sense*, for a full seven years. She has also written for many other venues including



"I'm listening to the roar of Ida this morning as she swings past on her way inland. I always have a sense of living on the edge here, but never more so than during one of these storms." (Newlin to Nelson in personal communication.)



Horn of Plenty is published by
the University Press of
Mississippi.

www.upress.state.ms.us/
and specifically at
www.upress.state.ms.us/books/382

Also at Amazon.

Red Planet Noir

by D.B. Grady

Dr. Kelly Ray's husband, David Brown, just came out with his "hard-boiled detective novel written in the pulp tradition of the 1930's." David, writing as DB Grady, calls it a "Raymond Chandler mystery in a Robert Heinlein world..."

"All he wanted was a paycheck to clear some gambling debt. Now Michael is the key figure in a murder conspiracy that's left a vacuum in the halls of power, with the labor union, mob and military vying for control of Mars."

Kelly is excited about David's new book and proud of his many recent publications.

You can find more at
www.dbgrady.com.

magazines such as *Audubon* and journals such as *The Michigan Quarterly Review* and *Isle*, a publication of the Association for the Study of Literature and the Environment. Her latest piece, "Hatch", will be out next fall, in an anthology of nature writing edited by Florence Caplow and Susan Cohen. She has also become a Master Naturalist in Florida in both Coastal Systems and Wetlands. And, she received a Florida Press Association award for outdoor writing. She and her work are featured in the educational video for the National Seashore Parks along the Gulf Coast.

So, why write? "Because I want to give voice to the beauty and wonder of the natural world, to remind people of their connection to place, and to invite them into that way of being in the world. This is where psychology and nature writing intersect for me. We, as a culture, have become increasingly disconnected from nature and I think that diminishes us. As Thomas Berry said, 'you can't have healthy people on a sick planet.' Theodore Roszak wrote that our relationship with the natural world is but a shrunken vestige, that we have repressed and forgotten the richness and essence of that connection. When place becomes familiar, it becomes part of who we are, it expands our sense of self, it shores up our sense of identity. Heinz Kohut's concept of self-object works here - the natural world 'functions' for the self to shore it up, stabilize it, expand it. I think that it is in our relationship with the other than human world that we discover and realize many more aspects of our own humanity. Have you ever found yourself in the gaze of a wild animal, locked eyes with a bald eagle, come eye-to-eye with a 300 pound loggerhead as she surfaces and breathes? These moments will take you to places within yourself that you cannot get in any other way. Some researchers say that our experience of nature is carried with us after we return to our daily lives, that it enhances our mood and changes how we feel - they call this 'the wilderness effect' and it is palpable. Those who live close to the land know their place like an 'other.' Knowledge of the birds and their song, of the plants and their seasons brings a familiarity that becomes love. E.O. Wilson calls it 'biophilia,' the love of life, of living things. And he says that this is part of who we are, that, you might say, it is instinctual. For me, writing about the natural world couldn't be a more natural endeavor."

Up-Coming Events

Close to home:

Society for the Psychology of Women (Div 35) and Trauma Psychology (Div 56); Feb 25-27, '10 Dallas TX
(www.apaviolencesummit.org)

Southeastern Psychological Association, March 10-13, '10,
www.sepaonline.com

If you want to go far, far away:

4th International Conference on Psychology Education, July 8-11, '10, Sydney, Australia (<http://icope2010.psy.unsw.edu.au/>)

27th International Congress of Applied Psychology, July 11-16, '10, Melbourne, Australia (www.icap2010.com)

Student Focus

by Chad Hartman, MS

Stuart White was fascinated with callous-unemotional traits in an adolescent population during his undergraduate studies at George Washington University and his master's degree work at the John Jay College of Criminal Justice of New York. He completed his master's and gained experience in data collection in a diverted youth population to increase his chances of learning from a leader in this area, Dr. Paul Frick, Chair of the Psychology Department at the University of New Orleans (UNO).

Now that Stuart is nearing his hooding ceremony in the Applied Developmental Psychology Program at UNO, he looked back on the unique experience Louisiana offered him in his training. He stated he feels like he "got a lot of opportunities to do things that students don't usually get to do," referring to the great need of post-Katrina and the lack of service providers with requisite skills. He shared that "being a student in Louisiana has been a really exceptional experience, in terms of the practical experience I've gotten and getting to work with as prominent a researcher as Paul Frick."

Stuart has co-authored two journal publications (one published and one in press), as well as co-authored a chapter in the Handbook of Child and Adolescent Psychopathy. He has also conducted three presentations at conferences and symposiums and taught several courses at both UNO and the



Stuart White teaches Introductory and Abnormal Psychology at the University of New Orleans.

University of Georgia. He has gained experience in assessment, conducting interviews, testing and providing intervention with Dr. Avery Buras at Southeast Louisiana Hospital and at the LSU Health Sciences Center at Bridge City Center for Youth under the supervision of Drs. Dan Mullins and Fernando Regalado. Stuart has won numerous academic awards and designations, and was recently accepted to make a presentation at the American Psychology-Law Society Conference in Vancouver in March 2010.

After graduation, Stuart will pursue working in an academic setting and he noted that he will treasure his training here in New Orleans. Wherever he settles, he will be prepared to continue in his dedication of improving the human condition.



"I WANNA KNOW...."

A Reader Asked to Know:

"I'd like to know how long (in hours) it takes other psychologists to do a typical ADHD evaluation."

Send your response to PsychologyTimes@gmail.com and we will graph the data for next month.

Send additional "I Wanna Know..." questions to the PsychologyTimes@gmail.com also.

GONE FISHIN'.

It's amazing what you uncover when talking to psychologists. While discussing Robert Baker's book (see "Bookshelf," PT3) he shared another aspect of his life that inspired this column about what we do in our spare time.

For Stress Relief, Try a Decathlon

Things happened to Dr. Robert Baker around the 50-year mark. He took to writing about meta-physical mysteries in life but he also became something of a super star in Masters' track and field.

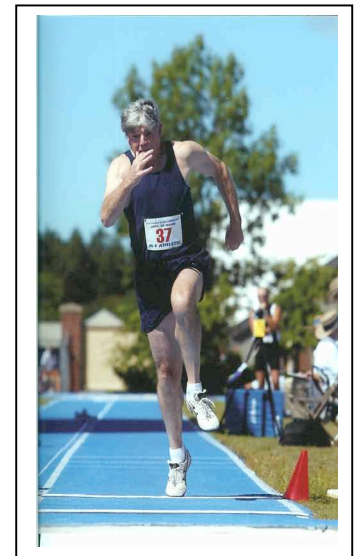
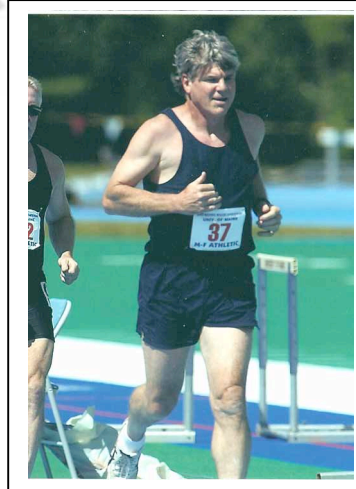
Robert grew up in rural north Louisiana, where in high school, his track was a cow pasture. He said in an interview with National Masters News, "I liked track and constructed my own high jump/pole vault pit, mostly a hole in the ground with some saw dust from the local mill, and an oval running area of no particular length." In college he competed in intramural and fraternity competitions, mostly in sprints and jumps. But he was not all that serious about his health. When he reached his fifties, he turned his considerable energies to Master's level Track and Field competition, and has never looked back.

Dr. Robert Baker is now the current national decathlon champion. He has won 27 national championships in mutli-events or individual events. He is also the current national outdoor pentathlon champion. He's won the national outdoor 300 meters hurdles championship. He competes at the national level but also the international level. He's won the bronze metal in the 2003 World Championship in the decathlon.

Robert wins just about every year he participates, racking up more titles, anytime he is not nursing an injury. But to put this in perspective for the rest of us, I asked him what a decathlon actually entails? "It is a two-day event," he said. "Ten events, just like the Olympic decathlon." The events are the 100 meters, the long jump, the shot put, the high jump, and the 400 meters." That's the first day. On the second day he competes in the hurdles, the discus, the pole vault, the javelin, and the 1500 meters.

He 's had a few injuries however, five knee surgeries, some torn cartilage, hamstring injuries, requiring that he miss some events, particularly in Spain and Italy. But the next World Championship is in 2011 in Sacramento, California and he's expected to be in good form.

Go get'em tiger.



Nutrition and Health

¹An 18-year-old male with OCD had significant improvement with a multivitamin-mineral (MVM) formula. The patient had already completed one year of cognitive behavioral therapy which improved the OCD symptoms (from severe to moderate). But one year thereafter, his anxiety was again severe and was accompanied by major depression. Eight weeks of treatment with the MVM formula stabilized his mood, lowered his anxiety, and dramatically reduced his obsessions. When he discontinued the MVM formula for 8 weeks, symptoms returned but the improved when the MVM was reintroduced.

1. Rucklidge, J.J. Successful treatment of OCD with micronutrient formula following partial response to Cognitive Behavioral Therapy (CBT); a case study. *J. Anxiety Disord.*, Aug 2009;23(6):836-840.



<http://www.metamatrixinstitute.org/>

Media Matters

by Dr. Susan Dardard



Last month I described my experience on the Montel Williams Show and promised to tell you whether I had decided to pursue more appearances on the national scene. During the previous years I had limited myself to participation in local television, radio, and print media as I raised my children. Now that they were grown and gone I was reviewing my options.

In the fall of 2001, just before my trip to New York to be on Montel, I had returned to radio after many years on television. Radio is the preferred medium for intimate communications with an audience. After the attacks of 9/11 I had chosen radio to talk with my New Orleans community about that traumatic tragedy.

Now, despite the allure of the Big Apple, I returned home. I felt a strong need to continue that conversation. I chose Sunday mornings for my new program, a time most suitable for establishing a reflective tone with listeners. I wanted to engage my audience on intellectual, emotional, and spiritual levels, to provide information and inspiration.

I also knew with greater certainty that, rather than being the guest expert, the entertainment, or the feel-good story on someone else's show, I wanted to run the show that had those segments. I still didn't care

about being *on* Montel. What I really wanted was to *be* Montel, or in my case, to continue to be Dr. Susan, producer and host.

I began my new radio show with one of my signature Musical Messages® features. As a musician I've always enjoyed analyzing music as much as people. Fats Domino, one of my hometown musical giants, gave me the perfect post 9/11 reflection and inspiration song, *Walkin' to New Orleans*, with his lyrics "New Orleans is my home, that's the reason why I'm goin'. Yes, I'm walkin' to New Orleans." These words became the hook to teach a psychological lesson about the search for safety in the face of trauma.

Remember that I said in my previous column that I was more excited about being a dancer on the Larry Kane Show in high school than about being on the Montel Williams Show? Well, when I returned to New Orleans, after I got my radio program underway, I was invited to produce a psychology segment for a local television station. And guess what the whole cast would do each week as we closed out that show? Dance!

Next month I will give you some tips on finding your place in the media.

Please send your comments to MediaServices@DrSusanDardard.com, or call 225-635-4555.

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We welcome ideas for news, features, Letters to the Editor, photos, and other material related to psychological community of Louisiana.

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